

Post-Operative Instructions **Patella Fracture ORIF**

Day of surgery

- A. Diet as tolerated
- B. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the third post-operative day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite. Alternatively, Cryocuff or Game-ready ice cuff can be used as per instructions.
- C. Pain medication as needed every 4-6 hours (refer to pain medication sheet).
- D. Make sure you have a physical therapy post-op appointment scheduled during the first week after surgery.

First Post-Operative Day

- A. Continue icing
- B. Pain medication as needed.
- C. If you have been assigned a Continuous Passive Motion (CPM) machine, it should be started during the first week after your surgery. This machine will be set at 30 degrees. The machine should be used 6 hours per day (2 hours in the morning, 2 hours in the afternoon, and 2 hours in the evening). You will use this machine for 1 month after surgery. Do not wear leg brace or cooling device while using CPM machine.

Second Post-Operative Day Until Return Visit

- A. Continue icing
- B. Unless otherwise noted, weight-bearing as tolerated with brace locked in full extension (locked completely straight). You may unlock the brace to perform range of motion exercises only as directed by your surgeon during physical therapy.
- C. Call our office @ 626-517-0022 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at pasadenaorthopedics.com.

Third Post-Operative Day

- A. You may remove the surgical bandage and shower. You must keep your leg straight at all times. DO NOT bend the knee. You may allow soap and water to run over the incision, but DO NOT scrub it. Pat it dry gently afterwards and apply a clean dry dressing to it. DO NOT submerge the wound in water (no baths).



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Post-Operative Rehabilitation Protocol: Patella Fracture ORIF

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: 0-2 Weeks

- **Knee Brace:** Worn at all times – locked in extension at all times except when directed during physical therapy.
- **Weightbearing:** WBAT with the knee locked in extension
- **Range of Motion:** AROM/AAROM/PROM 0-30 degrees
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises

Phase II: 2-6 Weeks

- **Knee Brace:** Worn with weightbearing activities still locked in full extension.
- **Weightbearing:Range of Motion:** AROM/AAROM/PROM – add 15 degrees of flexion each week – Goal is 90 degrees by post-op week 6
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase III: 6-10 Weeks

- **Knee Brace:** Unlocked 0-45 degrees for week 6-7, and 0-60 degrees week 7-8, unlocked weeks 8-10.
- **Weightbearing:** Full
- **Range of Motion:** AROM/AAROM/PROM – progress to full ROM by post-operative week 10
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase IV: 10-12 Weeks

- **Knee Brace:** Discontinue
- **Weightbearing:** Full
- **Range of Motion:** Full
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises, Start stationary bicycle

Phase V: 3-6 Months

- Return to full activities as tolerated

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____

Pasadena Orthopedics

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